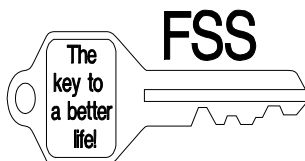


FSS NEWS



An FSS participant newsletter

Summer 1999

Project Bridge: Helping Families

Project Bridge is an exciting new welfare-to-work program that can help you become self-sufficient. The program is Long Beach's response to new changes in the welfare system. By providing residents of Long Beach with Job Training, employment and supportive services, the program will Bridge the gap between public assistance and self-sufficiency. Services include:

- ✓ Job search assistance
- ✓ job placement assistance
- ✓ counseling
- ✓ basic skills training
- ✓ GED / High School Diploma
- ✓ English as a second lan-

- guage (ESL)
 - ✓ Family Literacy
 - ✓ On-the-job training
 - ✓ Work Experience
 - ✓ Classroom vocational training
 - ✓ Workshops
 - ✓ Childcare / transportation
- To qualify for the program you must be receiving TANF (formerly AFDC).

FSS is partnering with Project Bridge to help all of our qualified FSS participants receive these valuable services. Please take advantage of this excellent opportunity. For more information or help with enrollment, call your FSS Specialist.

Would You Like to Buy a Home of Your Own? FSS and the City of Long Beach Can Help - Here's How.

Some of you have a considerable amount of money in your FSS escrow account, and some of you are just getting started. Have you thought about what you will do with your money when you complete the program?

Owning your own home is one of the best goals you can set for yourself, and it's one of the most rewarding achievements of a lifetime. Home ownership gives you independence, income tax savings, and long term financial security. Since buying a home requires a qualifying income, savings, and some financial stability, its never too soon to start planning for it. Part of your plan should include increasing your

earned income so you can become financially secure, and so we can increase the amount of money we put into your FSS escrow account. You can use that money toward your down payment or repairs.

The City of Long Beach also offers several programs that reduce your up front costs and make it easier for you to qualify for a loan. Programs include the DownPayment Assistance Program, the Second Mortgage Assistance Program, and the Mortgage Credit Certificate Program. If you would like to hear more about these programs and how FSS can assist you with your home purchase, contact Patrick Ure at (562) 570-7191.

FSS Staff Changes

Congratulations to **Janneise Brooks** on her new appointment as Housing Authority Liaison for Project Bridge at the Career Transition Center. Janneise will be helping to enroll qualified FSS participants and Section 8 tenants into the exciting Project Bridge program. So if you want to work with Janneise - join Project Bridge. Way to go Janneise!

Join us in welcoming two new FSS caseworkers, **Beverly Martin** and **Rose Usher**. Both individuals come to us with knowledge of the program and a variety of skills, and we're excited to have them. Welcome Beverly and Rose!

Congratulations

We salute the following FSS participants for their achievements toward self-sufficiency.

Paula Henry successfully completed the FSS program after getting a good job. She has now purchased her own home.

Arturo Alvarez was unemployed, but he now has a full time job, and has completed the FSS program.

Veronica Griffin has completed FSS after starting her own childcare business.

Don't forget, when you graduate from FSS you get the funds in your FSS escrow account. \$\$\$\$\$\$\$\$

For questions regarding information in this newsletter, or for assistance with any FSS related issue, please call us. We're here to

FSS STAFF:

Patrick Ure, FSS Coordinator

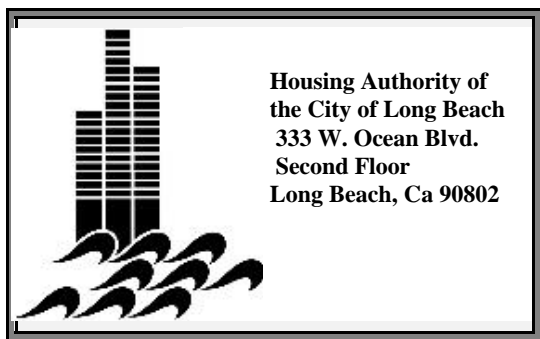
Beverly Martin, FSS Specialist

Rose Usher, FSS Specialist

(562) 570-7191

Case Management for last names starting with A through Lini (562) 570-5359

Case Management for last names starting with Lini through Z (562) 570-6025



FSS NEWS



Keep Your Kids Healthy

Did you know that one out of every four children in Los Angeles County has no medical or health insurance coverage?

Did you know that kids may qualify for free or low-cost health care programs even if their parents are married, work, or own a house?

All kids deserve to grow up strong and healthy!

If you need free or low cost health coverage for your kids call the County Child Health Hotline at 1-877-597-4777 today. Child health experts can answer all of your questions about health coverage.

Cleaning Strategies to Simplify Your Life

Keeping you home clean will help to keep your family healthy, reduce stress, and allow you to focus on achieving your goals toward self-sufficiency. Try the following cleaning tips:

Vacuum - don't dust.

Dusting just moves dirt around. Vacuuming, on the other hand, will pick up the dust. Try using a variety of attachments for corners and hard to clean areas.

Mop with an easy to use, dense sponge mop. The less you bend, the easier it feels to clean. Also, the more often you do it, the easier it will be the next time you do it. Use a soapy toothbrush for hard to reach areas.

Clean the stove and microwave regularly. Use oven cleaner for the oven, but use an all-purpose cleanser such as Simple Green for the range surface and inside your microwave oven. To remove smells from the microwave, use a saucer of water and a few tablespoons of vinegar and turn on the microwave for about a minute. Then just wipe it out.

Bathrooms should be cleaned at least once a week with an all-purpose cleaner. Using a bleach-based cleaner will help eliminate mold & mildew.

Keep insects away by keeping trash cans tightly closed and removing trash regularly. Also, leave no food outside, and get rid of pools of standing water.